



Red Thai Tofu Curry

An awesome healthy blast of nutrient rich food direct from Thailand. This curry will impress any curry fan. Be aware it is "warm". ENJOY with some great mates.

Serves: 3, Prep time: 00:30, Cook time: 00:30

Instructions

Method

1) Put oil in pan, on low heat, and add red curry paste, bring to a simmer, add your coconut milk to stop burning, and stir until fragrant.

2) Add the tofu (can use chicken if not vegetarian) and stir in. I like to brown the tofu separably first before adding.

3) Add the remaining coconut milk, eggplant, carrot (can also use baby corn), and kaffir lime leaves stirring occasionally.

4) Season with sugar and soy sauce (can use fish sauce if not vegetarian).

5) Sprinkle sweet basil leaves and turn off the heat.

Ingredients

- 50 grams Tofu, soy bean curd (2 oz)
- 30 grams Eggplant (1 oz)
- 30 grams Carrot (1 oz)
- 2 Kaffir lime leaves (torn in half)
- 6 Basil leaves
- 1 tablespoon Red curry paste
- 1 1/2 cups Coconut Milk
- 1 1/2 tablespoon Oil
- 1 teaspoon Sugar
- 1 tablespoon Sauce, soy, commercial

6) Garnish with red chilies if you choose
(or dare!)

